WHAT IS CLAIMED IS:

- An abrasion and wear resistant fabric assembly comprising:
 - a flexible substrate having a top surface; and
 - a plurality of non-overlapping plates affixed to the top surface of the substrate, wherein the plates have a substantially uniform thickness of approximately 5 to 20 mils.
- 2. The abrasion and wear resistant fabric of claim 1, wherein the substantially uniform thickness is approximately 5 to 10 mils.
- 3 The abrasion and wear resistant fabric assembly of claim 1, wherein the plates define a plurality of continuous gaps between adjacent plates, each gap having a width approximately 5 to 20 mils.
- 4. The fabric assembly of claim 3, wherein the plates each have a maximum dimension in the range of 20 to 200 mils.
- 5. The fabric assembly of claim 3, wherein the plates are identical.
- 6. The fabric assembly of claim 3, wherein the plates each have a diameter in the range of 20 to 100 mils.

- 7. The fabric assembly of claim 5, wherein the plates are shaped as a polygon.
- 8. The fabric assembly of claim 7, wherein the polygon is an equilateral hexagon.
- 9. The fabric assembly of claim 8, wherein the equilateral hexagon has a diameter in the range of 20 to 100 mils.
- 10. The fabric assembly of claim 9, wherein the diameter is in the range of 20 to 80 mils.
- 11. The fabric assembly of claim 5, wherein the plates have a curved shape.
- 12. The fabric assembly of claim 11, wherein the curved shape is approximately circular.
- 13. The fabric assembly of claim 3, wherein the plates are non-identical relative to each other.
- 14. The fabric assembly of claim 3, wherein the plates comprise a polymeric resin.
- 15. The fabric assembly of claim 14, wherein the polymeric resin is epoxy.

- 16. The fabric assembly of claim 3, wherein the plates comprise a composite material.
 - 17. The fabric assembly of claim 16, wherein the composite material comprises a ceramic material.
 - 18. The fabric assembly of claim 16, wherein the composite material comprises a plastic.
 - 19. The fabric assembly of claim 3, wherein the flexible substrate comprises a woven or knit fabric.
 - 20. The fabric assembly of claim 19, wherein the flexible substrate comprises polyester.
 - 21. The fabric assembly of claim 19, wherein the flexible substrate comprises cotton.
 - 22. The fabric assembly of claim 19, wherein the flexible substrate comprises Kevlar®.
 - 23. The fabric assembly of claim 19, wherein the flexible substrate comprises nylon.
 - 24. The fabric assembly of claim 3, wherein the flexible substrate comprises a non-woven material.
 - 25. The fabric assembly of claim 24, wherein the non-woven material comprises leather.

- 26. The fabric assembly of claim 3, wherein the substrate comprises a compressible material.
- 27. The fabric assembly of claim 26, wherein the substrate further comprises a fabric laminated to the compressible material.
- 28. The fabric assembly of claim 3, wherein the flexible substrate comprises neoprene.
- 29. An abrasion and wear resistant fabric assembly comprising:
 - a flexible substrate having a top surface; and
 - a plurality of non-overlapping plates affixed to
 the top surface of the substrate, the
 plurality of plates arrayed such that a
 plurality of gaps are defined between
 adjacent plates, wherein the plates have a
 substantially uniform thickness, and wherein
 the plurality of plates enhances the abrasion
 resistance of the flexible substrate by a
 selected factor.
- 30. The abrasion and wear resistant fabric assembly of claim 29, wherein the plurality of plates comprises a material that selectively increases heat resistance of the flexible substrate.

- 31. The fabric assembly of claim 29, wherein the plate thickness is approximately 5 to 40 mils.
- 32. The fabric assembly of claim 29, wherein the plates comprise polymeric resin with tensile strength greater than 100 kgf/cm^2 .
- 33. The fabric assembly of claim 29, wherein the factor ranges from 2 to 200.
- 34. The fabric assembly of claim 33, wherein the factor of abrasion resistance enhancement ranges from 5 to 100.
- 35. The fabric assembly of claim 34, wherein the factor of abrasion resistance enhancement ranges from 10 to 50.
- 36. The fabric assembly of claim 35, wherein the factor of abrasion resistance enhancement ranges from 12 to 30.
 - 37. A method of making an abrasion and wear resistant fabric assembly comprising:
 - selecting a flexible substrate having a top surface;
 - selecting a heat resistant plate material capable of being solid and affixed to the top surface of the flexible substrate; and

- affixing the plate material on the top surface of the flexible substrate, the plate material forming a plurality of non-overlapping plates having a substantially uniform thickness of approximately 5 to 40 mils.
- 38. A method of making an abrasion and wear resistant fabric assembly comprising:
 - selecting a flexible substrate having a top
 surface;
 - selecting a plate material capable of being solid and affixed to the top surface of the flexible substrate; and
 - affixing the plate material on the top surface of the flexible substrate, the plate material forming a plurality of non-overlapping plates having an approximate uniform thickness in the range of 5 to 40 mils, the plates enhancing the abrasion resistance of the flexible substrate by a selected factor.
- 39. An fabric assembly comprising:

- a flexible substrate having a top surface; and
- a plurality of non-overlapping plates affixed to the top surface of the substrate, wherein the plates comprise a low thermal conductivity material.
- 40. The fabric assembly of claim 39, wherein the low thermal conductivity material comprises porous ceramic.
- 41. The fabric assembly of claim 40, wherein the low thermal conductivity material further comprises silica glass fiber.
- 42. The fabric assembly of claim 41, wherein the low thermal conductivity material comprises an air volume of up to approximately 94%.
- 43. The fabric assembly of claim 42, wherein the substrate comprises a heat resistant fabric.